



Employee News

News and Information for Muscatatuck SDC and Madison State Hospital Employees during the transition to community-based services.

Deinstitutionalization In America

HANDY NUMBERS AND WEB SITES:

MSDC/MSH Info Hotline:

1-800-903-9822

www.IN.gov/fssa/transition

Maintained by FSSA to answer your questions.

Indiana Department of Workforce Development:

1-888-WORKONE (967-5663)

www.IN.gov/dwd

Available to assist with job search concerns. Web site resources include "Career Planning and Training" and "Job Fair Listings."

Customer Self Service System for Job Seekers:

<https://cs3.dwd.state.in.us/regw/default.asp>

Free service links you to job opportunities across Indiana and neighboring states. Your information is cross-referenced with thousands of job openings. Operated by the Indiana Department of Workforce Development.

America's Job Bank:

www.ajb.dni.us

Nation's largest pool of active job opportunities. Post your resume to employers across the country. Operated by the US Department of Labor and the Indiana Department of Workforce Development.

Ivy Tech State College:

1-888-IVY-LINE (489-5463)

www.ivytec.in.us

Indiana's third largest public higher education system, with 23 campuses statewide.

In this issue, David Mank, Ph.D., Director, Indiana Institute on Disability and Community, and Professor, School of Education, Indiana University, reviews Deinstitutionalization efforts across the U.S.

Why deinstitutionalize and what happens when people with significant disabilities leave large congregate facilities?

For more than 30 years, states across the USA have been developing more person centered, individualized and community based lives for people with developmental disabilities and people with mental illness. More than 20 detailed studies have been conducted across the country, including studies in Indiana (Central State Hospital and New Castle Developmental Center) about what happens to people when they leave large congregate settings. All of these studies tell the same story. People with disabilities, including people with severe and multiple disabilities, show increases in independence, fewer problem behaviors, increases in choice making, increases in relationships with people without disabilities and increases in employment and earnings.

In addition, these studies show increases in participation in community activities. Also, neighbors develop positive attitudes about their neighbors with disabilities. And, over time, the costs are about the same and often less in the community than in large settings.

Are people at risk? Is it safe in the community?

It is important to note that a move from a large setting to a small community home does NOT mean that people must become more independent and more able to 'be on their own.' Supervision and supports follow people into the community and in many situations this support is full time, 24 hours a day and includes medical care and therapies. Living in the community does not mean giving up support, medical care, supervision nor other things a person needs to be safe and happy. By every measure, living in the community shows clear increases in quality of life compared to living in larger, congregate settings. And, the supports, supervision and care 'goes with the person' to their new home. And, people with disabilities, and their families, choose where to live, who to live with and decide about the programs that will support their loved one in their new home.

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MEETING ANNOUNCEMENT

The next meeting of the **Southeast Regional Project Team** will be:

March 27, 2002

10 a.m. - Noon

ISTA Building

Second Floor Conference Center
150 W. Market St., Indianapolis, IN
(across from the State House)

Deinstitutionalization In America

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Are these results just from a few places?

These results of greater quality of life in the community vs. developmental centers or institutions, come from many studies including those from such states as: Arkansas, California, Colorado, Louisiana, Massachusetts, Minnesota, New Hampshire, New York, North Carolina, Oklahoma, Oregon, Texas, and West Virginia and other states. More than 20 state institutions for people with developmental disabilities have closed since 1995. At least 5 states no longer have state institutions for people with developmental disabilities. At least four other states have fewer than 300 people with mental disabilities in state institutions.

These trends are not simply fads. While moving is difficult, all of the evidence from every study shows that the vast majority of people are better off in the community and have a much improved quality of life.

What about how families feel when state institutions are closed?

The closing of institutions in states is a time of concern for people with disabilities and their families. This is one

reason why it is important to plan very carefully for each person's move to the community. More than 20 studies of families tell us these things: before deinstitutionalization, most families were reasonably satisfied with the situation for their loved one; most did not want their loved one to leave the institution. However, within one to two years, the vast majority of family members changed their attitude about community living for their loved one and were happy about it. The vast majority of families have noted and been pleased about the improvements in quality of life for their loved one.

It is important that family members and people with disabilities know that their concerns matter when institutions are closed. While the situation is of concern, it is an important time to tell Indiana government, case managers and community programs what is important. People leaving Muscatatuk, and their families, have the right tell everyone what is important for a happy life: where to live, who to live with, what supports are needed and how the person likes to spend their time.

The Person Centered Planning Process

This article reviews the components of the person centered planning process. Each consumer and family goes through every step of this important process in preparation for transitioning to a new living arrangement.

The Lifestyle Plan

The purpose of a lifestyle plan is to learn how the individual wants to live and to develop a plan for helping the person move towards that life. The emphasis is on getting to know the person and what they really need and want as a person. Participants at this planning meeting include the individual and family, staff, and friends who know the individual's needs, interests, and desires.

The Support Plan

The support plan spells out exactly what supports are needed by each consumer. The plan should include the type of support needed and the frequency/intensity of the support. Participants in this meeting should include the individual and family, provider staff, and others who know the individual and are coordinating their services.

The Pre-Placement Visit

A quality monitor makes these visits prior to an individual having any site visits. The purpose of these visits is to evaluate the physical environment to assure that the environment is appropriate to an individual's needs.

Site Visits

Site visits may be helpful in determining if a place is a good match for a specific individual. Site visits allow a person to "test drive" a possible placement. These visits are recommended, but not required.

Discharge Plan Meeting

This meeting is a review of the proposed supports outlined in the support plan. The facility staff discusses current needs and recommendations for placement supports. Provider staff discusses how to address the proposed supports. This meeting is typically held at least one week prior to placement.

Exit Conference Meeting

This is the final chance to review the support plan that will be followed in the new place where someone is moving. It allows one more opportunity to add/delete from the support plan if site visits indicate a need to modify the support plan.

Post Placement Visits

Formal "inspection visits" are made to see if the support plan is being followed and to determine how well the individual is adjusting to his/her new home. Everyone receives a visit within the first seven days of a move and again within the first thirty days. However, more visits can be made if the person's needs dictate additional visits. Written reports follow each visit.

Employee Resource Center

Each month this space will highlight community, government, and non-profit sponsored resources to assist employees with the transition.

■ The Southern Indiana Chamber of Commerce web site has a Workforce Information Network, an online job-matching tool that electronically matches the user with their ideal job. The results are emailed to the user. The WIN has an easy five-step process to help with any job search in southern Indiana. Visit the SICC Workforce Information Network at <http://www.siccin.com>

■ The Indiana Career and Post-Secondary Advancement Center's web site, <http://www.icpac.indiana.edu>, has many useful resources available to assist in re-evaluating career goals. Users can explore up-to-date job information on specific careers through 480 career profiles. Each career profile contains a snapshot (summary), detailed job description, wages and employment information, working conditions, education and training requirements, licensing requirements, related occupations, military opportunities,

and job openings in each field. The site can also help to create a resume and discover what occupations and subject areas the user may find interesting by taking an interest inventory.

■ Free computer training is offered at the Lawrenceburg Public Library branch located at 123 West High Street, Lawrenceburg. The training takes place every 1st & 3rd Tuesday evening of the month from 4-6pm. For more information Contact Tricia Webb at 812-537-2775.

As of February 7th, the training fund has disbursed \$40,001.87 on behalf of 69 Muscatuck employees. Employees are using the funds for everything from learning Microsoft Word to preparing for the GED test to taking business classes.

Free Basic Reading Skills Program Available in Lawrence County

Success & Opportunity At Reading (SOAR!) is a non-profit organization in Lawrence County whose mission is to help adults learn basic reading skills. The goal of SOAR! is to serve adults in Lawrence and surrounding counties in improving their basic reading skills in order to gain self confidence and increase their ability to function in life and work. Anyone interested in learning more about SOAR! can contact the SOAR! program at the Mitchell Public Library (812-849-2412) or visit their web site www.mitlib.org/soar.html.

Additional resources on literacy can be found on-line:

Indiana Literacy Foundation

www.indianaliteracy.org

or call toll-free: 1-800-217-1839

National Institute for Literacy

www.nifl.gov

Midwest Adult Literacy Network

archon.educ.kent.edu/Midwest

IU High School Offers Degrees

Indiana University's School of Continuing Studies offers high school courses and a high school degree from the Indiana University High School Diploma Program. The Program is fully accredited by the North Central Association Commission on Accreditation and School Improvement. IUHS features distance education courses from the School of Continuing Studies' Independent Study Program. Courses are developed and taught by certified high school teachers. Most courses are print-based, however some use the World Wide Web, audiotapes or videotapes, CD-ROMS, or other technologies.

For more information about IUHS, contact Indiana University, School of Continuing Studies at 800-334-1011, scs@indiana.edu, or visit their web site <http://scs.indiana.edu/>.

Contact Us!

FSSA maintains a web site, a toll-free phone number, and this newsletter to keep MSDC and MSH employees fully informed.

Anyone who would like to receive this newsletter can call the number listed, leave their address, and be added to our mailing list.

The web site features questions discussed at family and employee meetings, the final report from the Governor's Council on State Operated Care Facilities, updates on the *Olmstead* process, articles, and more.

You can visit the web site at:
www.IN.gov/fssa/transition

If you have questions, comments or concerns, or want to request copies of items on the web site, write to:

Secretary, FSSA
402 W. Washington St.,
Room W461
Indianapolis, IN 46207-7088
Attn: MSDC/MSH

or email:
OfficeOfTheSecretary@fssa.state.in.us

or call toll-free, 24 hours a day:
1-800-903-9822

You can also call this number if you have concerns about the services that your loved one receives after leaving MSDC or MSH.

Family and Employee News Are Available On-Line

Both the *Family News* and *Employee News* newsletters are posted on-line each month. FSSA's Muscatatuck/Madison Transition Process web site has added the newsletters as a feature. The web page can be viewed at:

www.IN.gov/fssa/transition

Centers for Independent Living

Centers for Independent Living (CIL) are organizations that help people with disabilities lead self-determined lives. CILs provide several core services - information and referral, advocacy, peer counseling, and independent living skills training - that help people with disabilities learn their options, make informed choices, and express their voices about matters affecting their lives.

The independent living movement began in Berkeley, California in the 1960s by Ed Roberts, a University of California student who used a ventilator and a wheelchair. Mr. Roberts was unhappy with the institutional living situation set up for him by the university and instead worked with university officials to set up a program that provided support services for students with disabilities. Mr. Roberts moved his self-help concept into the community by starting the first Center for Independent Living in Berkeley. Next, Mr. Roberts worked as a consultant to federal and state government, eventually becoming the Director of Rehabilitation for the State of California.

Following Ed Roberts' lead, CILs began operating across the country. Indiana has its own independent living service system. For more information, please contact the Center closest to you.

Southern Indiana Center for Independent Living

Al Tolbert, Executive Director
3300 W. 16th St.
Bedford, IN 47421
Phone: 812-277-9626 (V/TTY)
Fax: 812-277-9628
Toll free: 800-845-6914
E-mail: sicil@tima.com

League for the Blind and Disabled

David Nelson, Executive Director
5821 South Anthony Blvd.
Fort Wayne, IN 46816
Phone: 219-441-0551 (office, V/TTY)
Fax: 219-441-7760
Toll free: 800-889-3443
E-mail: lbdfw@ctltnet.com

Indianapolis Resource Center for Independent Living

Emma Sullivan, Co-Executive Director
Melissa Madill, Co-Executive Director
2110 N. Capitol Avenue
Indianapolis, IN 46202
Phone: 317-596-6440 (office, V/TTY)
Fax: 317-596-6446
Toll free: 800-860-7181
E-mail: mjmadill@netdirect.net

Everybody Counts Center for Independent Living

Teresa Torres, Executive Director
9111 Broadway, Suite A
Broadfield Center
Merrillville, IN 46410
Phone: 219-769-5055 (office)
Fax: 219-769-5325
TTY: 219-756-3323
Toll free: 888-769-3636
E-mail: ecounts@netnitco.net

Future Choices, Inc.

Beth Quarles, Executive Director
309 N. High Street
Muncie, IN 47305
Phone: 765-741-8332
Fax: 765-741-8333
E-mail: FutureChoicesInc@aol.com

Independent Living Center of Eastern Indiana

Ed Bell, Executive Director
Workforce Development Center
3771 E. South "A" St.
Richmond, IN 47374
Phone: 765-939-9226
Fax: 765-966-3431
TTY: 765-966-8229
Toll free: 877-939-9226
E-mail: ilcein@ruraltek.com

Wabash Independent Living and Learning Center

Teresa Mager, Executive Director
7 "J" Meadows Center
Terre Haute, IN 47803
Phone: 812-232-9455
Fax: 812-234-1536
Toll free: 877-915-9455
Info@thewillcenter.org

Assistive Technology Training and Information Center

Patricia Stewart, Executive Director
1721 Washington Avenue
Vincennes, IN 47591
Phone: 812-886-0575 (office, TTY)
Fax: 812-886-1128
Toll Free: 800-96ATTIC
Email: inattic1@aol.com